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## CLAIMS

1. Use of melatonin in the manufacture of a medicament effective for the short-term potentiation of the hypnotic effect in a human of at least one compound selected from the group consisting of non-barbiturate and non-benzodiazepine hypnotics, whereby said potentiation is effected by the step of co-administration to the human of said at least one compound together with melatonin, and wherein melatonin is administered in an amount and form effective for short term potentiation of the hypnotic effect of said at least one compound.
2. Use according to claim 1, which is further characterized by at least one of the following features:
  - (a) said hypnotics are GABA-A receptor modulators;
  - (b) said hypnotics are compounds which include a fused-ring system containing ring nitrogen;
  - (c) said medicament comprises at least one carrier, diluent, coating or adjuvant;
  - (d) said medicament is in unit dosage form;
  - (e) said medicament includes at least one compound selected from the group consisting of non-barbiturate and non-benzodiazepine hypnotics;
  - (f) said at least one compound is present in said medicament and in an amount which, if administered in absence of melatonin, would be a sub-therapeutic amount;
  - (g) said medicament is adapted for sustained release of melatonin.
3. Use according to claim 2, wherein said medicament includes at least one acrylic resin and is adapted for sustained release of melatonin.
4. Use according to claim 3, wherein said medicament is further adapted for regular release of said at least one compound.
5. Use according to any one of claims 1 to 4, wherein said at least one compound comprises a bicyclic fused ring system.
6. Use according to claim 5, wherein said bicyclic fused ring system includes at least two ring nitrogen atoms.
7. Use according to claim 6, wherein said bicyclic ring system comprises a pyrazolo[1,5-a]pyrimidine skeleton.

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8. Use according to claim 7, wherein said at least one hypnotic comprises zaleplon.
9. Use according to claim 6, wherein said bicyclic ring system comprises an imidazo[1,2,-a]pyridine skeleton.
10. Use according to claim 9, wherein said at least one hypnotic comprises zolpidem.
11. Use according to claim 6, wherein said bicyclic ring system comprises a pyrrolo[3,4-b]pyrazine skeleton.
12. Use according to claim 11, wherein said at least one hypnotic comprises zopiclone.
13. Use according to claim 6, wherein said bicyclic ring system comprises a triazolo[4,3-a]-pyridine skeleton.
14. Use according to claim 13, wherein said at least one hypnotic comprises trazodone.
15. A pharmaceutical formulation which, in addition to at least one carrier, diluent, coating or adjuvant, comprises only the following active ingredients:  
at least one compound selected from the group consisting of non-barbiturate and non-benzodiazepine hypnotics, and melatonin in an amount and form effective for short term potentiation of the hypnotic effect of said at least one compound.
16. A pharmaceutical formulation according to claim 15, which is further characterized by at least one of the following features:
  - (a) said hypnotics are GABA-A receptor modulators;
  - (b) said hypnotics are compounds which include a fused-ring system containing ring nitrogen;
  - (c) said formulation is in unit dosage form;

- (d) said at least one compound is present in said formulation in an amount which, if administered in absence of melatonin, would be a sub-therapeutic amount;
- (e) said formulation is adapted for sustained release of melatonin and said at least one compound.

17. A pharmaceutical formulation according to claim 16, which includes at least one acrylic resin and is adapted for sustained release of melatonin.

18. A pharmaceutical formulation according to claim 17, which is further adapted for regular release of said at least one compound.

19. A pharmaceutical formulation according to any one of claims 15 to 18, wherein said non-barbiturate and non-benzodiazepine hypnotics comprises a compound in which said fused ring system is a bicyclic ring system.

20. A pharmaceutical formulation according to claim 19, wherein said bicyclic ring system includes at least two ring nitrogen atoms.

21. A pharmaceutical formulation according to claim 20, wherein said bicyclic ring system comprises a pyrazolo[1,5-a]pyrimidine skeleton.

22. A pharmaceutical formulation according to claim 21, wherein said at least one hypnotic comprises zaleplon.

23. A pharmaceutical formulation according to claim 20, wherein said bicyclic ring system comprises an imidazo[1,2-a]pyridine skeleton.

24. A pharmaceutical formulation according to claim 23, wherein said at least one hypnotic comprises zolpidem.

25. A pharmaceutical formulation according to claim 20, wherein said bicyclic ring system comprises a pyrrolo[3,4-b]pyrazine skeleton.

26. A pharmaceutical formulation according to claim 25, wherein said at least one hypnotic comprises zopiclone.

27. A pharmaceutical formulation according to claim 20, wherein said bicyclic ring system comprises a triazolo[4,3-a]-pyridine skeleton.

28. A pharmaceutical formulation according to claim 27, wherein said at least one hypnotic comprises trazodone.